



City of Long Beach Department of Health and Human Services Swine Flu Fact Sheet

What is swine flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and does happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited.

What are the signs and symptoms of swine flu in people?

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

How does swine flu spread?

Spread of this swine influenza A (H1N1) virus, which is a completely new virus, is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person, when people with influenza cough or sneeze. Sometimes people may become infected by touching something with flu viruses on it and then touch their mouth or nose.

What should I do if I get sick?

If you have influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, see your doctor for testing. If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

If you are sick:

- See your doctor for testing.
- Sneeze or cough into your upper sleeve (not your hands) or cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Do not go to school, work or public places.
- If you experience any of the following symptoms, seek immediate medical attention:
 - Fast breathing or trouble breathing
 - Young children not drinking enough fluids, not waking up or not interacting, or being so irritable that the child does not want to be held
 - Flu-like symptoms improve but then return with fever and worse cough
 - Fever with a rash
 - Difficulty breathing or shortness of breath
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness or feeling like you will faint
 - Confusion
 - Severe or persistent vomiting

If you are healthy, what can you do to stay healthy?

- Wash your hands frequently for at least 20 seconds with warm soap and water. Alcohol gel is effective, but not as effective as washing your hands.
- Avoid sick people.
- Get plenty of rest and eat healthy foods.
- Avoid tobacco and alcohol.

For more information, visit <http://www.cdc.gov/swineflu/> or call the City of Long Beach Department of Health and Human Services hotline (562) 570-4499. Visit the www.longbeach.gov/health for updated information.